



# September 2016

## HOME DELIVERED MEALS



*Cobb County...Expect the Best!*

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Sept 1</b> Chile Lime Chicken Wild Brown Rice Black beans & Corn Whole Wheat Roll Fresh Fruit	<b>Sept 2</b> Chicken Salad Potato Salad Beet Salad Whole Wheat Crackers Canned Peaches
<b>Sept 5</b> 	<b>Sept 6</b> Oven Fried Fish Mac n cheese Stewed Tomatoes Cornbread Tartar sauce Yogurt	<b>Sept 7</b> Chicken Curry (Diced Chicken) Peas & Rice Spinach Whole Wheat Roll Peaches in Cup	<b>Sept 8</b> Blackened Fish Rice Pilaf Mustard Greens Cornbread Sherbet	<b>Sept 9</b> Tuna Salad Tomato/Cucumber Salad Carrot/ Raisin Salad Whole Wheat Crackers Butterscotch Pudding
<b>Sept 12</b> Chicken Lasagna English Peas Cauliflower Bread Stick Pears	<b>Sept 13</b> Turkey Taco Soft Tortilla Whole Kernel Corn Rice/Beans Sliced Apples	<b>Sept 14</b> Chicken Tetrzzini Green Beans Cauliflower Whole Wheat Rolls Sherbet	<b>Sept 15</b> Pulled Pork Lima Beans Carrots Whole Wheat Bun Pineapple Chunks	<b>Sept 16</b> Chicken Pasta Salad English Pea Salad 3 Bean Salad Oatmeal Raisin Cookie



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<b>Sept 19</b> Beef Hotdogs Baked Beans Seasoned Diced Potatoes Ketchup/Mustard Whole Wheat Hotdog Bun Yogurt	<b>Sept 20</b> Shepherd's Pie, Mashed Potatoes Broccoli Whole Wheat Roll Stew Spiced Apples	<b>Sept 21</b> Chicken, Rice & Broccoli Casserole Corn Lima Beans Cookie	<b>Sept 22</b> Beef Burger on a Bun Baked Beans Mixed Vegetables Whole Wheat Bun Peach Crumble	<b>Sept 23</b> Oven Fried Chicken Black-eyed Peas Mixed Greens Cornbread Fresh Fruit
<b>Sept 26</b> Salisbury Steak Sweet Potato Green Beans Slice of Onions Whole Wheat Roll Pudding	<b>Sept 27</b> Sweet & Sour Chicken Breast Harvest Rice Asian Mixed Vegetables Fortune Cookie	<b>Sept 28</b> Beef Stroganoff Peas Steamed Cabbage Whole Wheat roll Sherbet	<b>Sept 29</b> Chile Lime Chicken Wild Brown Rice Black beans & Corn Whole Wheat Roll Fresh Fruit	<b>Sept 30</b> Chicken Salad Potato Salad Beet Salad Whole Wheat Crackers Canned Peaches

**Meal Reheating Instructions**

**Microwave Oven:**  
(Power level on HIGH)

1. Poke holes in film cover with a fork
2. Heat for 2-3 minutes
3. Turn dinner
4. Heat for another 2-3 minutes
5. Remove film cover & stir

**Conventional Oven:**

1. Preheat oven to 350 degrees
2. Place dinner on middle rack in oven on cookie sheet
3. Heat for 15-20 minutes
4. Remove film cover and stir
5. Heat longer if needed
6. Remove film cover and stir